



## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) Support Groups

*Family Support Center EFMP services include information and referral to available community support groups and respite care as well as assistance with relocation. Some of the support groups include:*

<p><b><u>ACHE: Arthritis Can Hit Everyone</u></b> To improve the lives of arthritis patients through leadership in the prevention, control and cure of arthritis and related diseases. South Miami Hospital, Recreational Therapy, East Tower, 1st Floor; 7-9 p.m. on the 2nd Monday of each month; free. 786-596-3895. <a href="http://www.baptisthealth.net">http://www.baptisthealth.net</a>.</p>	<p><b><u>Aventura Comprehensive Cancer</u></b> Hosts support groups for patients, family and caregivers with cancer (Spanish and English), exploring nutrition, stress management and relaxation, lymphedema, laughter bereavement and ostomy, smoking cessation programs, "I Can Cope" Cancer Society lectures, Look Good...Feel Better events for cancer patients, Man-to-Man prostate and Reach for Recovery, a one-on-one support program for breast cancer patients; 20950 NE 27<sup>th</sup> Court, Aventura, 305-682-2151. <a href="http://www.aventurahospital.com">http://www.aventurahospital.com</a>.</p>	<p><b><u>Breast Cancer Stress Management Group (Bilingual) Participants</u></b> must be under 70 and have had surgery within the past six weeks; Spanish and English speakers welcome; meets on the University of Miami campus at times and dates convenient to participants' schedules; sponsored by the University of Miami as part of research; free. 305-284-2220.</p>
<p><b><u>Cancer Support Group -The Wellness Community</u></b> Ongoing, weekly support groups, led by licensed professionals are at the heart of our program. Our groups can help you maintain hope, regain a sense of control, and let you know that you are not alone in this time of need. We also have face-to-face and internet support groups in English and Spanish. All groups are facilitated by licensed, trained psycho-oncology professionals. A brief interview is required to join these groups. Please call 305-668-5900 to schedule an interview. Mondays at 6 pm and Fridays at 10 am. Wellness Community, 8609 South Dixie Highway, Miami; free. 305-668-5900. <a href="http://www.twcmiami.com">http://www.twcmiami.com</a>.</p>	<p><b><u>Center for Positive Connections</u></b> Offers services for persons infected and affected by HIV/AIDS, including support groups, housing assistance, mental health counseling, acupuncture, yoga and meditation. 12570 NE Seventh Avenue, Suite 104, North Miami; free. 305-891-2066. Email: <a href="mailto:email@positiveconnections.org">email@positiveconnections.org</a>. <a href="http://www.positiveconnections.org/">http://www.positiveconnections.org/</a>.</p>	<p><b><u>Circle of Friends Cancer Support Group</u></b> (Bilingual) Meetings frequently feature guest speakers; First Sundays, 2-4 pm; St. Basil Church, 1475 NE 199<sup>th</sup> Street, North Miami Beach. St. Basil Hall. 305-651-0991.</p>
<p><b><u>Community Committee for Developmental Handicaps, Inc. (CCDH)</u></b> Helps people with developmental disabilities and aids their families in accessing services and support; free. 305-596-1160. <a href="http://www.ccdh.org">http://www.ccdh.org</a>.</p>	<p><b><u>Depression and Bipolar Support Groups:</u></b> For persons dealing with mood disorders: Saturdays, 7:30-9pm, <a href="#">Aventura Hospital and Medical Center</a>, 20900 Biscayne Boulevard, Aventura, Conference Room 101. 954-923-0073.</p>	<p><b><u>Diabetes Support Groups Adult (English)</u></b> Support group for adults with either Type 1 or Type 2 diabetes. Education Center, Homestead Hospital; 6-7 pm on the 1st Tuesday of the month. Diabetes Classroom, 3 Main West, Baptist Hospital; 1:30-2:30 pm on the 1st Thursday of the month. 786-596-3895.</p>

<p><b><u>Baptist Diabetes Care Center Parent/Child Diabetes Support Group</u></b>  Support and sharing for parents and children with diabetes. Outreach to newly-diagnosed children and their parents. Alternates between Baptist Hospital Pediatric Conference Room and Miami Children's Hospital; 10-11:30 am on the 1st Saturday every other month. Please call 786-596-3696 for dates &amp; locations.</p>	<p><b><u>Diabetes Care Center Support Group South Miami</u></b>  Support for English speaking, multi-cultural adults with Type I or Type II diabetes. Victor E. Clarke Health Education Center, Classroom C, South Miami Hospital; 3-4 p.m. on the 1st Wednesday of the month. 786-596-3895.</p>	<p><b><u>Hepatitis C Support Group</u></b> First Wednesdays, 7-9 pm. HEP-C Alert Inc., 660 NE 125th Street, North Miami. 305-893-7992 or 877-435-4437.</p>
<p><b><u>HIV Support Group</u></b> HIV positive support group; 7 pm Wednesdays; Union Positiva, 1901 SW First Street, Suite 220, Miami; free. 305-644-0667.</p>	<p><b><u>Hodgkin's and Non-Hodgkin's Lymphoma Support Group</u></b> Offers people suffering from lymph-affected cancer an opportunity to express feelings and share concerns; 7:30 – 9 p.m. first and third Thursdays; South Miami Hospital, 6200 SW 73rd Street, South Miami, Center for Women's Medicine. 305-662-6368.</p>	<p><b><u>Huntington's Disease Support Group</u></b> Focuses on helping people affected by this hereditary neurological disease; sponsored by the Huntington's Disease Society of America—South Florida Chapter; 13644 SW 92nd Ct., South Miami-Dade; 7:30-9 p.m. last Tuesdays, 305-274-7411.</p>
<p><b><u>Informational Workshops and Advisory Services for Special Needs Children:</u></b> Met DESK, MetLife's division of estate planning for special kids, provides informational workshops for organizations and advisory services for special needs families and individuals; free. Terry Spence – 305-446-3268 ext. 156.</p>	<p><b><u>Jewish Community Services</u></b> Offers addiction and eating disorder counseling, bereavement support, children's mental health program, families and children with truancy and other behavioral problems, Holocaust survivor assistance program and numerous support groups; various venues; free or on a sliding income scale. 305--576-6550. <a href="http://www.jcsfl.org/">http://www.jcsfl.org/</a>.</p>	<p><b><u>Lighthouse for the Blind Services</u></b> Classes offered for blind and visually impaired persons on how to care for oneself with cooking, home care and dressing, handwriting, money management and Braille, how to use public transit, achieve more mobility and become a qualified employable computer operator. Counseling is available in helping make the adjustment to blindness and in diabetes management; free. 305- 856-2288.</p>

<p><b><u>Lions Association for Diabetes Awareness of District 35A</u></b> 7:30 p.m. second Mondays, Mercy Hospital, 3663 South Miami Avenue, Miami. Orestes Noriega 305-821-7781 or Elena Bedoya 305-696-2357.</p>	<p><b><u>Lung Cancer Support Group-South Miami Hospital</u></b> For those diagnosed with the disease and their families; meetings conducted by a respiratory therapist and in addition to support offer the latest information about treatments and health resources from oncologists, nurses, social workers and respiratory therapists; 5:30-6:30 p.m. fourth Wednesdays; South Miami Hospital, 6200 SW 73rd Street, South Miami; Pulmonary Rehabilitation; third floor. 786-662-8239.</p>	<p><b><u>Miami Beach Guild for the Blind</u></b> For blind and visually impaired persons; features guest, speakers, entertainment and lunch; noon-2:30 pm, second Fridays; 21st Street Recreation Center, 2100 Washington Avenue, Miami Beach. Ruth Schoenfeld, 954-435-1907.</p>
<p><b><u>Miami Children's Hospital Support Groups</u></b> Includes Cardiac/Family, Diabetes for Teens, Oncology Parent, Sickle Cell Parent, PICU Parent, Parents and Siblings Bereavement, Craniofacial, Infant Loss and SIDS, Parent to Parent Information Workshop and Sibs shop; various times and days; Miami Children's Hospital, 3100 SW 62nd Ave., East Miami-Dade. 305-666-6511.</p>	<p><b><u>Miami Branch of CHADD</u></b> Meetings of this branch of National Organization for Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) offer support and information to parents, children and adults; 7-9 p.m. first Thursdays; Miami Children's Hospital, 3100 SW 62<sup>nd</sup> Ave., East Miami-Dade; Special Events Room, Foundation Building. Annette - 954-753-3518 or e-mail <a href="mailto:missannette@hotmail.com">missannette@hotmail.com</a>.</p>	<p><b><u>Muscular Dystrophy Association Support Groups</u></b> For adults with neuromuscular diseases, caregivers and family members; 6:30 – 8pm, second Thursday; Muscular Dystrophy Association, 7925 NW 12th Street, Miami; free. Shaney - 954-757-4390.</p>
<p><b><u>National Alliance for the Mentally Ill</u></b> Sponsors support groups for family and friends of people with mental illnesses and offers free courses in English and Spanish. Judy – 305-665-2540.</p>	<p><b><u>North Miami Beach Emotions Anonymous</u></b> Worldwide self-help group for all ages. Helps people take their first step toward recovery; 2pm Saturdays; Parkway Regional Medical Center, 160 NW 170th Street, North Miami Beach, free. Harry – 305-655-1870.</p>	<p><b><u>One-Eight Hundred SUICIDE</u></b> Trained and caring counselors' on-hand for anyone feeling sad, lonely or depressed and thinking about suicide. 305-358-4357 or 1-800-SUICIDE.</p>
<p><b><u>Prostate Cancer Support Group</u></b> Meetings held in conjunction with the American Cancer Society; 7-9:30 p.m. second Tuesdays, South Miami Hospital, 6200 SW 73<sup>rd</sup> St., South Miami; Radiation Therapy Lobby; free. 786-662-8106 Coral Gables: 6:30 p.m. second Tuesdays; Baptist Medical Plaza-Coral Gables, 320 Giralda Ave., first floor, Coral Gables; free. 305-594-4363 ext. 229 or <a href="mailto:cscheke@cancer.org">cscheke@cancer.org</a></p>	<p><b><u>Prostrate Cancer Support Program (Spanish)—Westchester</u></b> Sponsored by the American Cancer Society; 6:30 p.m. fourth Tuesdays; Baptist Medical Plaza, 8840 SW 40<sup>th</sup> St. (Bird Rd.), Westchester; free. 305 594-4363, ext. 229 or <a href="mailto:cscheke@cancer.org">cscheke@cancer.org</a></p>	<p><b><u>SCLAD Resources and Career Center</u></b> Offers free support and vocational services to eligible children and adults with disabilities, including counseling, case management, information, referral, vocational evaluations, career planning, job development and placement; coordinates housing, home health and special transportation; Spinal Cord Living-Assistance Development, Inc. (SCLAD) 240 E. First Avenue, Suite 122, Hialeah, 305-887-8838.</p>

<p><b><u>Special Needs</u></b> Newly formed social group for ages 11-16 with special needs. Michael-Ann Russell Jewish Community Center, Sanford L. Ziff Campus, 18900 NE 25th Avenue, North Miami Beach, 305-932-4200, ext 140.</p>	<p><b><u>Stroke Support Group (Bilingual)</u></b> HRC-Manor Care and Heartland of Miami Lakes offers a support group in English and Spanish for those who have suffered from a stroke and their loved ones; features speakers; everyone welcome; meets various times and dates monthly. Heartland of Miami Lakes, 5725 NW 186<sup>th</sup> Street, Hialeah. 305-625-9857.</p>	<p><b><u>Youth Link</u></b> Helps youth with disabilities, ages 16-21, access training and employment resources by providing guidance, assistance and support to prepare for transition from school to work or community, free. 305-887-8838 9:30 am - 5:30 pm weekdays.</p>
--	---	--